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# Cranks Volume 49

The magazine of  
**Deeside Thistle Cycling  
Club**

Sponsored by:



**Tierney Strachan**  
PROCESS CONTROL ENGINEERING

**Current Membership 577 (596)**  
**SCU Membership 303 (304)**

## Editorial:

I used to be very possessive of our club members. It galled me whenever I heard that another had decided to move on, that they saw better things elsewhere.

I've now grown up a bit and with that maturity see a different light. There's now an understanding that to assist in the development of anyone's ability it is important that they seek new horizons. Those horizons might be with us or in another group.

It now, not only gives me great pleasure to see the success achieved by members, but also those members who have moved to other affiliations. Those successes by members, obviously reflect directly to our club. The success celebrated by those who have joined race teams elsewhere also reflects well on us for isn't our club where the foundation has been laid?

Out on my bike the other day I spotted the Alba Development RT on a training bash. One of the riders in that group says she rode for the Deeside Thistle in the last couple of seasons where the support was amazing.

If we can foster a rider's ability and they are happy to stay with us I'm delighted. If that rider wishes to continue developing elsewhere and maybe, just maybe, go on to greater things they also have my backing.

## PHILOSOPHER'S CORNER

It doesn't matter what your background is and where you come from, if you have dreams and goals, that's all that matters -- *Serena Williams*

Do you have a view on life? Why not submit your favourite few words of wisdom for public consumption in this exclusive corner of your magazine. Send now to Sandy Lindsay, Rowan Cottage, Inveramsay, Inverurie, AB51 5DQ or email [knockies@deeside.org](mailto:knockies@deeside.org)

FROM [BRITISH CYCLING](#)

## FERGUSON AND ROWE CROWNED YOUTH NATIONAL CHAMPIONS WITH SENSATIONAL WINS IN SCARBOROUGH

Cat Ferguson and Elliot Rowe claimed Youth A national champion jerseys in the National Youth Circuit Championships at the Scarborough Festival of Cycling, while Leon Atkins and Mabli Phillips were crowned the Youth B national victors.

### Youth A Girls

Cat Ferguson (Storey Racing) was crowned the national champion after 60 minutes of racing in Scarborough to continue her winning streak from the National Youth Circuit Series.

49 riders took to the start line, and a main bunch of 27 formed as riders dropped off the pace. The relentless course continued to take its toll and reduce the group, with Ferguson, Isabel Mayes (JRC-INTERFLON RT), and Arabella Blackburn (Deeside Thistle) leading the bunch.

A break of five including Ferguson, Blackburn, Shibden Cycling Club's Alice Colling and Imogen Wolff, and Ruby Oakes (JRC-INTERFLON RT) got away, while five other riders chased.

Ferguson attacked on the climb with three laps to go, gaining 15 seconds on a chasing Colling, and 50 seconds over the chasing group.

Ferguson continued to lead and managed to claim the win one minute ahead of second-placed Colling, while it was a bunch sprint for third, with Madeline Moorhouse Smith (Shibden CC) taking the final place on the podium ahead of teammate Wolff.

### Youth A Boys

The Lewis Barry Memorial Race saw an incredible 105 starters take to the start line on Sunday, with Elliot Rowe (Anexo Group RT) taking the win from a breakaway to claim the red, white and blue stripes.

Eight leaders were out in front by the second lap, including Rowe, Finlay Tarling (FlandersColor Galloo), Seb Grindley (North Cheshire Clarion), Oli Dawson (RTD-JsCycleShack), William Salter (Backstedt Bike Performance), Finlay Hawker (VC Londres), and Joseph Cosgrove (PH-MAS-Paul Milnes Cycles).

The front group managed to stay away, with Tarling attacking with five laps to go to put himself in the lead.

Rowe, Grindley and Cosgrove managed to bridge the gap with two laps to go while groups behind continued to chase.

Tarling briefly dropped off the pace but managed to chase back to the front group with Hawker in tow.

Rowe took the win ahead of Grindley, while Tarling pinched third over Cosgrove.



## Youth B Girls

The Youth B girls took on 55 minutes of racing with Mabli Phillips (Maindy Flyers CC) taking the win with an incredible solo effort to be crowned the national champion. The first time over the climb, the group split up with a lead of 11 riders and nine chasers, but eventually came together.

Phillips, Zoe Roche (WXC World Racing), and Melanie Rowe (Deeside Thistle) managed to breakaway, while Megan Cherry (Origin Race Team), Rose Lewis (Halesowen A & CC), and Phoebe Taylor (Eastlands Velo) chased. The climb continued to split the race up. With less than three laps to go, Phillips got away solo, with Rowe chasing behind. Phillips managed to gain 1:10 on the bunch with one lap to go and took it straight to the line to claim another victory.

Rowe took second from her commendable solo effort, and Lewis claimed third to complete the podium, while tenth place finished around three minutes after Phillips.



## Youth B Boys

The Youth B boys' race was fast and aggressive from the start. It was Leon Atkins (Welwyn Wheelers) that proved most dominant to claim the national champion jersey.

Alex Coles (Evolution Racing Academy) and Elliot Speedle (Edinburgh RC) went clear while the bunch actively chased, but Speedle soon dropped off the pace, while Coles was joined to make a leading group of nine with five laps to go.

The breakaway reduced to four riders, formed of Atkins, Coles, Daniel Thompson (Cleveland Wheelers), and Steffan King (Maindy Flyers), with chasers Edwin Boyles (Preston Park), Matthew Fletcher (4T+ Cyclopark), Oscar Lawrence (Velo Club Venta), Gus Dutton (VC Londres), and Oliver Swinburn (Velo Club Lincoln). The front four gained 1:10 on the remaining bunch of 12, before Coles attacked on the climb with two laps to go, taking Atkins with him, and Thompson rejoined after chasing hard.

The top three sprinted for the line, with a photo finish for one and two, that resulted in Atkins taking the win over Coles. Thompson took third to round off the podium.

The youth riders will now turn their attention to the final event on the National Youth Circuit Calendar - the North West Youth Tour in Lancaster, 27-29 August.

## Youth Update

**26 June** - Windy conditions prevailed for the third round of the Scottish National Youth Circuit Series (Spokes RT Mid Summer Dash).

The racing took place at Fife Cycle Park in Lochgelly and 16 youth riders, 1 junior and 1 coach raced with DTCC riders claiming podium positions in youth E girls (Eden Thomson - 1st), youth C girls (Olivia Poole - 1st, Zara Main - 3rd), Youth B girls (Melanie Rowe - 1st, Hope Thomson - 2nd), Youth A girls (Molly Evans - 2nd) and Youth B boys (Innes Long - 2nd).

And in the Women's race Evie White bounced back to take 1st after her disappointment of last weekend when a mechanical forced her to withdraw from the British Series event.

Elsewhere Isaac Small has also been back in action. Isaac raced in a crit in Winchester where he came fifth overall and 2nd Cat 3. This takes him to Cat 2 now. He also competed at the Ceres Highland games in Fife winning the Scottish 1600 m grass track champs and the Devil Take the Hindmost

**02/03 July** -7 DTCC Youth travelled south to take part in the 'Deux Jours de Londres' event. The 3-Day stage race was the fourth round of the National Youth crit series.

The riders all acquitted themselves well in highly competitive fields. Notable achievements from the weekend:

**Melanie Rowe** - GC winner in u14 girls

**Arabella Blackburn** - 3rd on GC in u16 girls

**Elliot Rowe** - winner of stage 3 and given the combativity award for the same stage.

*Lyndsay Aitken*

## Massie Shield - 22-June-2022

1	Thomas Gelati	KR	00:53:16
2	John Kent	AWCC	00:55:21
3	Mark Walker	DTCC	00:55:23
4	Calum Gibb	DTCC	00:55:24
5	Chris Petrie	AWCC	00:55:53
6	Alan Smith	YCC	00:56:05
7	Brian Duncan	SB	00:56:09
8	Innes Jamieson	DTCC	00:57:41
9	James Adamson	Una	00:57:48
10	Stephen Wilson	TEN	00:59:49
11	Kyle Mowbray	DTCC	00:59:56
12	Sam Glover	ECC	01:00:20
13	Stuart King	YCC	01:00:35
14	Steve Rae	YCC	01:00:39
15	Keith Robertson	YCC	01:00:47
16	Neil Cowie	FCC	01:01:20
17	Kevin Belton	FCC	01:01:29
18	Andrew Yule	DTCC	01:01:52
19	Calum Cormack	DTCC	01:02:06
20	Hugh Ramsay	DTCC	01:02:23



21	Mike Giles	YCC	01:00:47
22	Morgan O-Livingstone	Una	01:02:27
23	John Leal	DTCC	01:03:42
24	Lucy Ritchie	VPG	01:03:43
25	Alan Manson	SVTTA	01:03:48
26	Colin Wallace	PPI	01:04:06
27	Margaret McMillan	DTCC	01:04:48
28	Tyler Clare	ICC	01:04:55
29	Robert Cowie	AWCC	01:05:22
30	Ian Grant	DTCC	01:07:14
31	Robert Smart	DTCC	01:08:13
32	Fraser Elsworth	UYCC	01:09:34
33	Gillies Grant	FCC	01:10:52
34	Carol Middleton	YCC	01:11:54
35	Roz Boynton	AWCC	01:13:07
36	Natalie Taylor	AWCC	01:14:52
37	Stephen Walton	DTCC	01:15:11
38	Jenny Brown	AWCC	01:15:30
39	Gavin Gronkowski	YCC	01:17:02
40	Winifred Gronkowski	YCC	01:18:50
41	Morag Thompson	YCC	01:22:14

### Midmar RR 30 June 2022

By all accounts a well-run event. 37 riders contested the race on the Midmar circuit with Lee Rosie (Spokes RT) triumphing. Deeside riders were always in contention with Neil Scott taking a well-merited 3rd place. Other club riders to finish were 8th Mark Walker, 11th Richard Harris, 12th David Ogden, 16th Hugh Ramsay, 17th Robert Lindsay, 21st Innes Jamieson and 24th David McKay. An observer near the Kinnernie junction has pointed out that the bunch approaching that junction all crossed the double white line in the face of oncoming traffic. He feared for their safety!

1 Lee Rosie SRC, 2 Thomas Gelati KR, 3 Neil Scott DTCC, 4 Conal Davidson SRC, 5 Mark Madigan MGCRT, 6 Tim Mackley VCRT, 7 Keir Gaffney SRC, 8 Mark Walker DTCC, 9 Cameron Brown SRC, 10 Brian Duncan SB, 11 Richard Harris DTCC, 12 David Ogden DTCC, 13 Simon Arnot TAAA, 14 David Duggan Una, 15 William Taylor Una, 16 Hugh Ramsay DTCC, 17 Robert Lindsay DTCC, 18 Rory McGuckien DTCC, 19 Steve Rae YCC, 20 Steven Sharp TEN, 21 Innes Jamieson DTCC, 22 Stephen Wilson TEN, 23 Fraser Elsworth UYCC, 24 David McKay DTCC, 25 Alexander Bond ECC, 26 Robert Cowie AWCC, 27 John MacLean AWCC, 28 Richard Hills Una, 29 Roger Hall OCC,

### Ian Brodie 10mile TT

The usual club stalwarts as well as a couple of regional chaps put their hands up to make sure this event took place and stepped up to volunteer – thanks to you all.

The racing proved to be as sparkling as the early summer's day sunshine - hot hot hot!

With fears allayed about possible road closures, riders had lengthy stretches of new tarmac to enjoy as well as light wind & warm sunshine. The heat may have bothered some of the teuchters not used to 24 deg C but others certainly took advantage of the benign conditions.

Winner with the fastest time overall, and claiming the Ian Brodie Memorial Trophy, was Chris Petrie riding for Aberdeen Wheelers CC. He recorded a rapid time of 20:42 which even for this course is shifting somewhat!

Mark Walker & Brian Duncan continued their local duelling on TT bikes with Mark being the vainqueur by taking 2nd place in 21:09 with Brian not far behind in 21:17. There were another 4 riders who went sub 22 minutes such was the quality of riders on show.

The wining lady was declared as Lorna Breetzke riding for Vanelli-Project Go. She returned a mightily impressive 24:09 with her stablemate Lucy Ritchie not far behind with a 24:14. 3rd placed lady was Margaret McMillian riding for Deeside Thistle CC. Her time was an equally impressive 24:33.

The Vet prizes were awarded on Age category rather than Vets on Standard. 1st Male Vet was Mark Walker & 1st Female Vet was Lorna Breetzke.

Great to see this popular event back up & running & being contested by riders representing so many different clubs. I will be moving overseas and not able to organise next year, but it's a pretty straight-forward event to manage so if anyone feels keen, I would be happy to share all the relevant info, as the previous organiser (Kelvin) kindly did for me. There is a small admin burden but the warm glow of making racing happen, and the gratitude of the riders, is more than worth it.

*Laura Sarkis*

### Result

#### Ian Brodie 10 - 07-July-2022

1	Chris Petrie	AWCC	00:20:42
2	Mark Walker	DTCC	00:21:09
3	Brian Duncan	SB	00:21:17
4	John Kent	AWCC	00:21:32
5	Innes Jamieson	DTCC	00:21:45
6	Ian Russell	Una	00:21:50
7	John Alexander	DTCC	00:21:56
8	Colin Duncan	ECC	00:22:32
9	Kyle Mowbray	DTCC	00:22:51
10	Steve Rae	YCC	00:22:57
11	Mike Giles	YCC	00:23:00
12	Andrew Yule	DTCC	00:23:09
13	Kevin Belton	FCC	00:23:14
14	Sam Glover	ECC	00:23:16
15	Lewis Dey	RT23	00:23:18
16	Stephen Wilson	TEN	00:23:33
17	Keith Robertson	YCC	00:23:48
18	Leigh Innes	ECC	00:23:52
19	Lorna Breetzke	VPG	00:24:09
20	Lucy Ritchie	VPG	00:24:14
21	Robert Cowie	AWCC	00:24:15



22	Kevin Watson	DTCC	00:24:28
23	Malcolm Grant	PPI	00:24:32
24	Margaret McMillan	DTCC	00:24:33
25	Mark Higgins	GCRT	00:24:38
26	Gordon Smith	DTCC	00:24:59
27	Brendan McCabe	AWCC	00:25:01
28	Stephen Walton	DTCC	00:25:32
29	Sara Stead	DTCC	00:25:59
30	Ruth Hills	AWCC	00:26:01
31	Estera Zak	Una	00:26:04
32	Kenneth Dey	FCC	00:26:05
33	Ian Grant	DTCC	00:26:05
34	Carol Middleton	YCC	00:26:28
35	Jim Robb	DTCC	00:26:38
36	George Findlater	Una	00:27:07
37	Stewart Mitchell	DTCC	00:28:38

## Evening League 2022

Our league for 2022 is already nearly complete. The different categories, road bikes and TT bikes being given points separately, experimented with last year is again being used. The leaders and results are available [here](#).

The league calendar may be accessed on our [website](#). The site is also open for Registration so follow the [links](#) and get your name down. During registration you'll find pages which tell what to do and what not to do – League Rules! Courses are listed. Changes for this year include, importantly, a mandatory, front white light.

It is also a requirement if you take part in the series that you commit to assisting at one event or more. You can add your name to specific events on the website.

Scottish Cycling has announced that members who list Deeside Thistle as their Second Claim Club may take part in Club Confined Events. This is a change from last year when all riders had to be First Claim Members.

*Steve Walton*

## AWCC 100TT

On 07 August Aberdeen Wheelers are promoting the SC 100TT Championships. There are also two local trophies, the Furneaux Team Trophy and the Ian Porter. The SVTTA Shape and Reilly trophies will also be contested. Entries and race volunteers are warmly welcomed. To enter go [here](#). To lend a hand contact Bob Gibson on [the.gibsons@live.co.uk](mailto:the.gibsons@live.co.uk)

## Youth & Junior Vacancies

DTCC Youth and Junior offers Coaching sessions for riders aged 6-18 years, covering road and off-road disciplines. Following COVID19 we have a number of spaces in our groups and are looking for new riders. If interested please contact [youth@deeside.org](mailto:youth@deeside.org) to register your rider, advising date of birth and current riding capability

## TOB Program

On Saturday, 03 September, Aberdeen City Centre is being taken over for closed road bike races. There is a mixture of local races and Scottish crit championship races with a free ride hour on the circuit thrown in for those that don't want to race.

Entries are being taken here for all the day's races:

[Scottish National Senior & Junior Criterium Championships \(inc. Aberdeen Cycling Festival support events\) Events - British Cycling.](#)

As usual we are looking for the local cycling community to support the races by racing and helping out on the day.

The circuit will be set out by Sweetspot and Aberdeen City Council Events Team.

There will be pro racers milling about as they arrive in Aberdeen on Friday for the tour launch. We are hopeful we might get a few to do podium presentations for us.

We are looking for volunteers to marshal at the event to help registration and corralling racers before each race etc.,. If you would like to help, please contact me at [colinallanach@aol.com](mailto:colinallanach@aol.com)

There are afternoon and evening slots so please advise which you can do.

As per the previous races we have held in the centre there will be a club zone (likely to be in the Belmont Street area) and a roller warm up area, so there will be an opportunity for club members to meet and chat in one area and promote your club to the general public.

I need to know how many gazebos there will be so I would be grateful if you could advise if your club would like a space, size of gazebo and/or stand and name of persons who will be managing your gazebo/stand.

This is likely to be the last time an event like this is coming to Aberdeen for a few years so let's make it the best one ever. (World champs are not in our area next year) but hopeful for TDF prologue in 2026. I heard a rumour that TT will be along AWPR!

*Colin Allanach*

## Club Committee

At our AGM in January the committee to run your club for the next year was elected. Unfortunately, a few positions could not be filled.

Principal among these were someone to help look after Event and Championship Management, and a person to maintain a presence on Social Media and the local press.

We also need a new Welfare and Protection Officer.

If you are interested please get in touch with me on [info@deeside.org](mailto:info@deeside.org).

*AJL*





## SCNEG Update

Here's our proposed calendar for 2022: The links take you directly to the event on National Calendar.

28 Jul	<a href="#">Evening RR</a>	TEN
07 Aug	<a href="#">100TT</a>	AWCC
13 Aug	<a href="#">Jolibar RR</a>	DTCC
21 Aug	<a href="#">Youth Crit</a>	YCC
03 Sep	<a href="#">Crit Races</a>	
04 Sep	ToB Start	
11 Sep	<a href="#">10TT Champs</a>	TEN
18 Sep	<a href="#">Classy 10TT</a>	AWCC
18 Sep	<a href="#">H/C Champs</a>	AWCC
02 Oct	<a href="#">Ladies RR</a>	AWCC

## Trainee Commissaire Courses in 2022

British Cycling have released a number of online Trainee Commissaire Courses in 2022, Courses include BMX x 3 courses

Circuit	x 3 courses
MTB XC	x 2 courses
MTB Gravity	x 1 course
Road	x 3 courses
Track	x 1 course

Currently no Cyclocross, Cycle Speedway or Time Trial courses are scheduled, but if you, or someone you know is interested please get in touch.

If anyone is interested, they should get in touch with Colin Esslemont (SC Regional Commissaire Coordinator) on [montysbicycleworks@btinternet.com](mailto:montysbicycleworks@btinternet.com) & Ashley Ryan (SC Event Workforce officer) [events@scottishcycling.org.uk](mailto:events@scottishcycling.org.uk) and we can arrange for them to link up with an active official to chat more about the role and send on sign up links.  
*Colin Esslemont*

## Saturday Rides are Back

The Saturday morning rides are back!

For now, they're going to be a little bit different. Starting at 8:30 prompt on Leggart Terrace, we'll head up the climb to Banchory Devenick on a route some of you may know as the Chairman's Classic. If you need a reminder, the route runs through Auchlunies, Lairhillock, Durris, over the Garrol to Strachan, Shooting Greens to Potarch, Torphins, Learney, Echt, Garlogie, Carnie, Countesswells and back into town.

All are welcome and we'll run different paced groups if required. Email Steve Brechin on [DTCC-Banchory.Saturday@outlook.com](mailto:DTCC-Banchory.Saturday@outlook.com)

## Sunday Banchory Rides

The rides will start 10:00 am (sharp) from Banchory Townhall (carpark opposite town hall). The rides will be published on SPOND, and we would ask you to sign up for the ride via SPOND, so we know who is riding and we have your emergency contact details.

You can download SPOND on your smart phone or access any computer or tablet via: <https://spond.com/welcome>.

To join the Banchory Rides group please sign up via: <https://group.spond.com/TTADU>.

There are other rides through the week and sometimes adhoc meetup, so it is worth joining.

- (1) The route will be published on SPOND and will always include a coffee stop
- (2) Route will be around 50 miles
- (3) We will try and run two groups. Espresso and Latte. Espresso will be a ride aiming for 18 to 20 mph average. Latte will be no drop ride riding at the pace of the slowest rider, but hopefully around 16 mph, or slower if needed.
- (4) Espresso will set off first, anyone dropped from Espresso can drop back to Latte
- (5) If we do not have enough for two groups it will be a no drop ride
- (6) All levels of rider welcome

## SPOND Guide for Riders and Ride Leaders

**What has been established through SPOND will help leaders arrange outings with greater benefits for participants.**

Please find below a link to the SPOND Guide for riders and ride leaders that Andy Kerr, Neil Stables and David Stewart have put together. It shows you how to Register for SPOND and how to request membership of a DTCC Group.

It lists the various Groups which are already in place, and these will be added to as more official runs re-start.

Link to [SPOND Guide](#)

## Coaching Courses

Those members keen to get involved with coaching can find details of upcoming courses and funding opportunities on the SC web site. Go here:

<https://www.britishcycling.org.uk/scotland/coaching>

## Club Branded Aluminium Water Bottles

If you have recently bought one of our Water Bottles but have not yet been able to collect please be quick. Stock is now very low. The remaining bottles are now in the care of Jon Strachan and to collect follow the procedure you use to collect clothing. Cost is only £5.00 per bottle. Go [here](#) for more information and to order yours.



## Welfare Officers

Club Welfare Officers are Ian Wilson and Anna Liversidge. They can be contacted by telephone on 07919 280656. The email address to use is [welfare@deeside.org](mailto:welfare@deeside.org)

## KNOCKBURN LOCH MANAGEMENT

John Huston Knockburn Site Manager, Knockburn Loch, Strachan, AB31 6LL [info@knockburn.co.uk](mailto:info@knockburn.co.uk), 01330 822234 / 07741314999 [www.knockburn.co.uk](http://www.knockburn.co.uk). You can like us on [FaceBook](#) and follow us on [Twitter](#)

## Ride Etiquette Document

You are reminded that a paper detailing the etiquette to follow when on club/training runs has been prepared and is [here](#) for your interest. The document is posted on the club's website and links will start to appear on club publications so that you can refer to it. It will also be highlighted to new members.

## Youth Free Membership

Deeside Thistle Cycling Club is delighted to offer free membership to new youth riders for their first year. If you would like to take advantage of this offer, please see: <http://www.deeside.org/membership.html>

## Ride the North 27th August 2022

We are very short of riders to sign up and sponsor Clan. Usually, we have no trouble in this area. So, I am appealing to you to please share the above information so we can make this a very successful event for Clan.

If you require any further information, please do not hesitate to contact me either by email or phone. Many, many thanks.

It is a non-timed, non-competitive event with a great atmosphere. Ride the North attracts cyclists of all abilities and hopefully some who have discovered cycling during lockdown.

This is the perfect opportunity to take on a new and exciting challenge in 2022! Registration is £42 per rider and there are only 2,000 spaces so don't miss out! Contact <https://www.clancancersupport.org/fundraising/events/run-walk-and-cycle-challenges/> **Maureen Kendall**

01224 647000

[Maureen.kendall@clancancersupport.org](mailto:Maureen.kendall@clancancersupport.org)

<http://www.clancancersupport.org>

**Please help at events  
when asked**

## Pyrenean Traverse

In June I joined a group of cyclists to traverse the Pyrenees from west to east on a supported ride. This followed the route of the Raid Pyrenees, which has an official time limit of 100 hours, but we had the luxury of an extra day of cycling.

We arrived in a heat wave of 44 C and I wondered how we were going to cope. In the event, the weather settled down to afternoon temperatures of 35 C and that was just about manageable.

The route started at Hendaye on the Atlantic coast, close to the France / Spain border, and travelled north for 10 km before turning inland. There were four cols on the first day, gradually increasing in height to Col d'Osquich at 459m. Since it was a Sunday there were a lot of club cyclists out and tourist traffic to hilltop resorts in the Basque country, but the roads became quieter further away from the coast. Another 50 km on from the last col brought us to our overnight stop at Lurbe St Christau.

The second day took us into the High Pyrenees, and it was the toughest day with 3761m ascent over four cols. First up was the Col de Marie-Blanche which was a steep and uninspiring climb in misty conditions, followed by a run down the valley to Lauruns at the base of the Col d'Aubisque. This is the most remarkable mountain on the traverse, in my opinion. It's a long climb of 17 km up to 1679m.

We began in the mist on a twisting forest road and then high up suddenly we broke through the cloud to reveal massive limestone peaks towering above the valley. We rounded the final corner to come on to the col where there was a large car park, a café (nothing more salubrious than a jambon fromage baguette) and a trio of 10 ft high bicycle monuments.

Then began an astonishing descent, looking over the Cirque du Litor, a vertiginous, south-facing rock wall. The road switches down to a balcony cut into the face of these cliffs. The abyss to the left is marked at one point by a plaque where Dutchman Wim van Est famously went over the edge leading the 1951 Tour. He survived after being hauled up the ravine on ropes fashioned from innertubes.

There are 2 tunnels through the rock lower down, one of which is unlit and for 2 seconds is entirely black. Fortunately, I had a rear light ahead to follow.

The descent only continues for 8 km until the road rises again for 2 km to the Col du Soulor. Then the descent continues steep, fast and picturesque down to the town of Argeles-Gazost.

The remaining challenge on the second day was to ride to Luz-Saint-Sauveur for the start of the climb of the Col du Tourmalet, 20 km to 2115m in the afternoon heat. The gradient is steady at around 8%.



After the ski station at Super Bareges you look high up to switchbacks leading to the col on the final gradient of 10%. It was a relief to gain the top late in the day. There is nothing at the top now except a construction site so it's a desolate place. The reward for all this effort was a huge fast, twisting descent to the town of Sainte Marie de Campan where we spent the night.



*Col du Tourmalet Day 2*

On the third day we crossed two famous mountains of the Tour: the Col d'Aspin and the Col de Peyresourde. It was straight into the climb on leaving Campan, a gradual climb that steepens a little to the summit.

From the Col d'Aspin there are beautiful and endless mountain views. The 12 km descent is fantastic on smooth tarmac and multiple hairpin bends, spinning towards Arreau before heading back up again to the Col de Peyresourde for a welcome lunch.

Cattle and sheep wander freely on these highland roads, so you have to be watchful on the descents. Our relatively short day finished with 40 km mostly downhill to our stop at Luscan, which is the home base of the company that ran our tour, Pyrenees Multisport.

The fourth day began with a 6 km climb on a gentle gradient up the Col des Ares on a damp morning. Then on to the Col de Portet d'Aspet which was a lot steeper. We passed the white marble of the Fabio Casartelli memorial on the way. Racing in the 1995 Tour, the young Italian, who was the reigning Olympic Road champion, crashed

just below this point after a touch of wheels sent several riders crashing to the tarmac.

Tragically, Casartelli struck one of the stone barriers on the edge of the road and died at the scene.

We then had a long descent into St Giron's followed by a gradual rise to Massat. Here began the last climb of the day up the Col de Port.

It's 13 km long and snakes uphill at around 5% so it's a nice climb, although the heat was building on that day.

The descent into Tarrascon was fabulous although my back was aching at that point. Tarrascon is a very attractive place, dominated by the ancient tower of the Mont St Michel overlooking the river.



*Tarrascon Day 4*

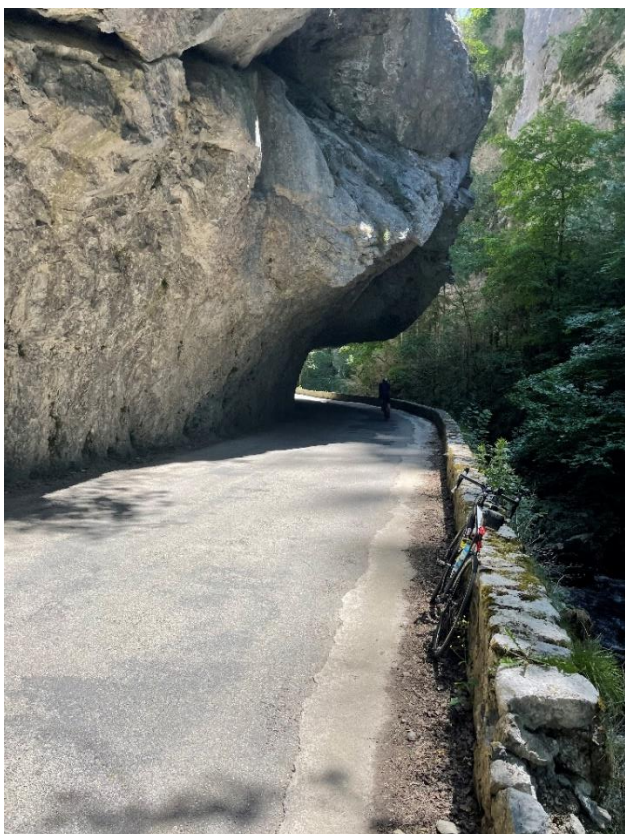
The fifth day was a spectacular ride, initially following the high-level Route des Corniches. This is an undulating rural road with views to the valley far below. It passes what looks like a ski lift but which is in fact a talc extraction mine that is transported far below to a huge processing factory in the valley.

The road goes on to climb the Col de Marmare (1361m). The descent from this climb is very long and fast and winds its way through the fantastic gorges next to the river leading to Axat.

The road is cut into the limestone cliffs with massive overhangs in places. We then had the Col de Jau, the final col of the whole tour to traverse. This was a long, slow







Gorge leading to Axat Day 5

climb on a hot afternoon with tired legs. However, a long fast descent followed, passing the perched mountain village of Mosset with its terraces cut into the hillside below it, until we reached our overnight stop in the town of Prades.

The final half day was a ride of 87 km downhill through the fruit plantations of French Catalonia to the Mediterranean coast at Argeles sur Mer. From this point the route follows the coast road, which is very lumpy, arriving at the finish town of Cerbere which is close to the France / Spain border. A celebratory plunge into the sea was taken by everyone in the group.

In total we cycled 720 km over 18 cols and climbed over 11,000m of altitude. We had fantastic mountain scenery, thrilling descents and some very arduous climbs. It was a great challenge but a great holiday too. *Steve Spencer*

## New Members

The following new or returning members have joined in recent weeks

2142	Andrew Brown	Portlethen	25
3067	Christopher O'Connor	Aberdeen	42
3068	Andy Lewis	Aboyne	39

Any friend, family member, work colleague, who is interested in cycling but not involved with a club, should be dropped the hint to look at [www.deeside.org/members](http://www.deeside.org/members) or to email [members@deeside.org](mailto:members@deeside.org) asking for information.



### Britain's National Cyclists' Association

Working for all Cyclists

Newcomers are welcome particularly on the Morning/Slower Full Day runs.

Medium and Faster Full Day runs are for the more experienced

For more information visit our website:

<http://www.ctcgrampian.org.uk>

Chairman	John B	01224 571984
Secretary	Sheila	01224 639012
Runs Co-ordinator	John S	01224 790269
Social Secretary	Heather	01224 699399
Treasurer	John C	
Membership	John T	01224 639012

### Right to Ride Representative

North Aberdeenshire	Rod	01467 623317
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### Runs Co-ordinators

Try Cycling Rides	Moira D	
Morning Runs	Cindy	01224 310719
Slower Full Day Runs	Heather	01224 699399
Medium Full Day Runs	Sheila	01224 63901
Faster Full Day Runs	John S	01224 790269

Following guidance from our Covid 19 Officer, Rod Adams, the following has been agreed to ensure that our runs will operate in a Covid secure fashion.

Our risk assessment has been uploaded to the CTC Grampian website: <http://www.ctcgrampian.org.uk/> and participation in club rides will be subject to all participants having familiarised themselves with, and agreed to comply with, the terms of the risk assessment.

To be Track and Trace compliant, we are asking all participants to arrive with a small (business card size) paper with their name and contact details. These papers will be collected by the Ride Leader at the start of the run in a plastic bag and held securely for 21 days, before being destroyed. This requirement will be incorporated into the risk assessment and displayed on the Runs list page of the club website. **"No ticket, no ride"!**

In addition, all riders continue to be required to carry a Next of Kin card in the event of an accident. These are available from the Ride Leader and/or Secretary.

Newcomers: We welcome newcomers, particularly on the 'Try Cycling' and 'Morning' runs. You do not need to be a member of the Cycling UK to join our runs, but after 3 runs you would be expected to join Cycling UK.

Runs start promptly at the time stated. Distances are calculated from the meeting place. Bring spare inner tube, puncture repair kit, tools, wet weather gear, some food, drink, and LIGHTS where relevant. It is recommended that all cyclists carry a First Aid kit.





Try Cycling: rides are intended for those who have not been on the saddle for a while and for those who want a quiet ride around Aberdeen. These are easy rides followed or interrupted by a coffee stop, families are welcome.

Morning Runs: These runs are at a relatively slow pace and are usually about 25–30 miles long. A coffee or picnic stop will usually be made.

Full Day Runs: These are all-day runs intended for experienced cyclists. A coffee stop and lunch/picnic stop will be made. Distances and speeds vary as outlined below:

Slower Full Day Runs: Slowish pace. Distance normally 30–45 miles.

Medium Full Day Runs: Moderate pace. Distance normally 45–60 mls.

Faster Full Day Runs: Fast pace. Distance normally 60–75 miles (\* runs are longer).

Pub Runs: Start prompt at the time stated, to reach the pub by 21:00. LIGHTS

### Runs

The full calendar of runs is available here: <https://ctcgrampian.org.uk/runs-list/>

## CAR CLINIC

Email: [greatservice@car-clinic.com](mailto:greatservice@car-clinic.com)

Web: <http://www.car-clinic.co.uk/>

Car Clinic, Unit 2, Hillview  
Road, East Tullos,  
Aberdeen, AB12 3HB

Phone: 01224 891414

Car Clinic, Broadfold Road,  
Bridge of Don, Aberdeen,  
AB23 8EE

Phone: 01224 821010

## 25 Years Ago

### BROWN WINS

The class of international road man Neil Brown (Deeside Thistle Positioning Resources) in overcoming a stiff South easterly wind, proved too much for his rivals in the annual 50TT promoted by Deeside. His time of 1.57.41 was almost five minutes quicker than second placed man and last year's winner, Bill Hart AMS who recorded 2.03.12. Brown's win was even more impressive since he used his road bike equipped with Spinacci type bars instead of the usual triathlon type. Third place went to veteran Norman Skene GSC who was just 24 seconds behind Hart with a time of 2.03.36. Fourth placed man Peter Yeats combined with Bill Hepburn and Brown to allow Deeside Thistle to take the team prize. Hepburn also took the handicap award with a net time of 1.45.22, while Alan Elkington clinched the prize for the fastest vet on standard (+19.53).

### Club Mountain Bike Rides

There's long been a need to hold regular mountain bike rides for club members, but the question was how to achieve this. As with everything there will be a wide range of abilities, bikes, fitness, and locality within the club so one ride group won't satisfy everyone, every week.

With all that in mind can you comment if you are interested with the following:

- What level/type of rider are you?
- What kind of rides would you like to see the club put on?
- Where are you located and where do you predominately ride?
- Do you have any qualifications?
- Would you be interested in leading a ride?

You can register here <https://group.spond.com/WWDYZ> and comments, please, to Neil on [mtb@deeside.org](mailto:mtb@deeside.org)

### Zwift Sunday Club Endurance Ride

Created and administered by Simon Stromberg

We now have a Sunday Club Endurance Ride on Zwift, with different groups at a different pace. Details [here](#). This is run in partnership with ZwiftScotland group.

There will be different groups formed on ride each at a different pace. Regrouping at top of KOMs.



[ZWIFT.COM](https://www.zwift.com)



## Historical Reminiscences

### (Part 46)

Foxes may well be the bane of a chicken farmer's life and I've first-hand knowledge of that. Our chicken shed with about 40 laying hybrids sat in the middle of the field and one day most of them were gone. What we didn't know at the time was that only a field away, foxes had a den.

Under the cover of darkness, they'd raided our less than secure coop and made off with our flock.

A friend sat patiently for hours with his trusty musket at the ready but to no avail. The dastardly devils had their fill and weren't for returning.

None the less I have a soft spot for the fox. It's a bonny creature and fits in well with nature.

One Sunday morning, Alastair and I were cycling past the Nether Inver turn-off on the road to Monymusk from Sauchen. We spied a disturbance on the dyke and stopped to look. A fox struggled in a snare, the wire round its neck and getting tighter.

I talked calmly to the trapped beast. It lay still. Gradually easing the wire from round the fox's neck I slipped the loop over its head. The fox locked eyes with me and slowly backed away. Then with a bound leapt off the dyke. A backward glance, a vulpine smile of thanks and it was gone.

On another occasion coming off Edinbanchory Hill, above Mossat, we disturbed an eagle. The giant bird rose from its prey and glided effortlessly into a belt of trees. On the ground lay the disembowelled body of a dog fox.

Benaquhallie Hill between Tullochvenus and Corrennie Moor had often been our haunt and on one visit as we climbed along the boundary wall through the 400m contour we saw a fox curled up asleep on the dyke. Imagining the fox to be enjoying a bit of peace and warmth in the sunshine to our surprise it didn't move as we neared. The poor beast had expired, breathed its last.

A little east of Queens View is a hill called Craiglich. It's a gentle climb to the top. Sunshine warmed our faces and arms though in the shade it was cool. Soon, below, could be seen rooftops. The rusty corrugations of the outhouses at Braehead brought on nostalgic memories of the valleys in Nepal. Yet it wasn't right for we didn't have the effects of altitude. A quick nitroglycerin spray under the tongue brought on the headache and the nostalgia was complete.

Craiglich is not high, 476m only and though the map doesn't show it, there is a track goes right to the trig point. Leaving the mapped route, the gradient soon beat us and we walked a bit before riding the last few yards to the summit. No trees have been planted here.

It must be seen to be believed. Is there a better vantage point in the whole of Aberdeenshire? From that trig point there is an amazing panorama. Just high enough the line of sight clears all the lower summits out to the big ones.

Memories of the Himalaya might bring on feelings of nostalgia but there is also an urge to (re)conquer all those bumps on the horizon.

A steep downhill footpath headed east and soon the gradient beat us where we walked a bit before riding back into the forestry and onto the landrover track. The mapped track is quite clear on the paper; it indicates vehicle width, but on ground it is overgrown with gorse and head high bracken. Pushing our way through the high-risk Lyme Disease vegetation we had to give best. Sweat glistened on hands, arms, brows. Sitting, resting in the blazing sunshine a buzzard called to us from above the trees and discussion turned to the idyllic countryside.

Butterflies decrease in number and it's a shame that these beautiful insects aren't seen so often. Just when the demise of the common or garden cabbage white became the topic this other white (probably wood white) butterfly, fluttered close and alighted on Alastair's helmet!

After the recovery period we found an easier passage out of the bracken and headed south to Glen of Peat Lochies. This is a bog about 500 X 100 metres. It is verdant and swarming with wildlife. Flitting around were more dragonflies than you could shake a stick at. Is it the fastest insect?

At breakneck speed we headed off the hill with hosts of the invertebrates keeping pace

*"You're being coorse tae me the day,"* bemoaned my sister. We were on the South Deeside Road just a few hundred yards east of the Crathes Bridge battling into a blizzard. Tricia kept asking me to shelter but I doggedly refused and bullied her on.

It was winter 1957/58 and we'd walked the 1.5 miles to school at Crossroads Primary from Wainsgate in Durris; not on the link road from Kirkton of Durris to the Slug for it had filled with snow, but along the top of the dyke.

Few pupils turned up and not far into the teaching day the Dominie, Mr Phimister, called quits. Phoning Mr Leslie, the farmer from Brighton Farm beside the Crathes Bridge he was asked to ferry the few kids home.

Along with Doreen and Lorna Legg, Tricia and I bundled into the back of the pick-up. Gordon and Eric, Mr Leslie's two sons went into the cab.

The Legg sisters were dropped at Culpercy and the pick-up turned into a field, the better route to the farm as the main road had now become impassable. The pick-up got half-way across the field before it stuck. Disembarking we all followed in line to the farm, Mr Leslie, Gordon, Eric, Tricia with me taking up the rear.

Mr Leslie went up the steps to the farm kitchen and disappeared through the door. He was followed by his two sons. Tricia and I stopped. No words had been spoken, no nodded invitation. What should someone, barely at his tenth birthday, do? I'd a sister, just eight years old, to look



after. We had to get home. Without further hesitation we walked on, down to the main road and headed east.

The blizzard was full on. The ferocious wind, so strong and laden with icy spicules, made it nearly impossible to lift our heads into it. Then, whether I heard something above the howling air, or instinct made me react, I looked up.

A giant black and yellow chequered wall reared in front. It bore down on us at great speed. Grabbing Tricia's arm I hurled her off the road just as the tsunami wave of frozen white in front of the [Big Mack snowplough](#) disgorged me onto the roadside.

Fortunately I landed on top of the snow. In a short time I'd located my sister and dragged her weeping from the turmoil. The Big Mack had gone towards Banchory, the driver completely unaware of the near tragedy.

We were not the only schoolkids that day to head home on foot in the storms and sadly not everyone had our luck.

Just a few months later, now past my tenth birthday, on the second Saturday in July, with the sun blazing down you could hardly imagine the winter had been so bad. I tucked a florin piece into my pocket and set off to cycle to Echt.

The route took me past the site of the tussle with the Big Mack and over the River Dee to Crathes. Then past the Mill of Hirn, which still operated as a mill, and on to the Raemoir road before turning left for Echt and the annual Echt Show.

Pedalling up to the entrance booth the man in charge held out his hand. *"Half a Crown,"* he demanded. My heart sank. I showed him the florin. *"Sorry,"* he said, *"Half a Crown."* I turned away, dismayed. Then, moments later I heard his voice again. *"Where have you cycled from?"*

Turning back I told him, *"Wainsgate, near Kirkton of Durris."*

A smile broke his features. *"Don't tell anyone, but if you've come that far, I'll let you in for nothing."*

Alastair's beeping alarm awoke me at 5.30am. It was very cold in the dark dormitory. The alarm had been set to get us up before daylight but he slept through the noise. Gradually I could hear others in the dormitory becoming restless. Not Alastair. He slept on as I fumbled for the clock to try and stem the chorus of curses coming from dark recesses of our sleeping quarters. It took vigorous shaking to bring him out of his deep sleep.

More curses followed me as I got up and made for the door, clattering into the bikes, which Chhatra had brought inside after lights out.

In the kitchen, a red glow showed shadowy heaps of sleeping porters huddled on the benches, with a vague movement at the fire indicating the Sherpani was already cooking breakfast. At 5000 metres porridge doesn't get very hot.

After forcing down the lukewarm, half-cooked oatmeal we started out on what was to be the longest day of our lives.

Panoramic white mountains surrounded, with a much smaller black cone to the right. Kalapatar would be tomorrow's target, the trekker's summit. It was insignificant, even if 5500 metres high it was a dwarf among the giants of the Himalaya. Pumori towered to the north with the whole eastern scene dominated by the Nuptse Ridge.

To begin we headed along the edge of the Khumbu Glacier and the terminal moraine, pushed into never-ending ridges and hollows, proved our undoing. The altitude's effect on our breathing and the continual effort of lifting over and fighting our bikes through this desolate landscape of boulders, soon reduced us to physical exhaustion.

Chhatra and Bhim, who had diligently carried our packs, without complaint, for many days, were today getting it easy. Chhatra had a daypack and Bhim, a shoulder bag, with the water bottles. They were enjoying the release from the drudgery of portering. That is, until they recognised our distress. Perhaps it was the feeling of genuine sympathy or maybe just guilt, which made them repeatedly offer to relieve us; to take the bikes into Base Camp for us. Repeatedly we told them no, for to agree would have been to fail. Even in the direst condition there would be no concession.

Making a gesture to highlight The Malcolm Sargent Cancer Fund for Children, a relief charity, was proving a huge task. Notwithstanding the bureaucratic and administrative difficulties along the way when seeking permission to take bicycles into the Sagarmatha National Park, the physical effort lugging them over the mountain ridges for days on end, coupled with our poor health and lack of hygiene, was bringing us to our knees. It had been a wise move hiring the porters in Jiri. Today their moral support would prove invaluable.

Gorak Shep was our first stop. There we had a second breakfast. It took three hours to struggle those few kilometres uphill to this Godforsaken outpost. Even a yak train overtook us and disappeared. In all the days before, these slow-moving pack animals, were obstructions to be passed quickly. Today we were the ponderous slow-moving animals

Even if Godforsaken, Gorak Shep was a welcome sight. Half-cooked omelettes and fried potatoes would see us through to lunch, a picnic of boiled eggs and boiled potatoes.

*Roughstuffer*

**For Sale - Cannondale CAAD12 in  
mint condition. £900. Further  
information from Mark on  
[m.herbert@abdn.ac.uk](mailto:m.herbert@abdn.ac.uk)**





# ***Ian Grant***

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*Bucksburn, Aberdeen*

*Tel (01224) 713033*

## **Club Kit Arrival**

Pactimo kit order is now available to collect from Tierney Strachan, 12 Greenbank Place, East Tullos, AB12 3BT. Please observe social distancing and wear a mask.

Please ring the bell at our Goods-In door, and announce that you are here to collect Deeside Kit with your name. Wait outside the door and your kit will be brought to you.

If the small roller shutter door is closed - please ring the office number 01224 295000. If the main gates are closed, we are closed, simples. Visitors may NOT enter the building - so we have no facility for you to try on.

If you are in any doubt about the sizes you have ordered, let me know and possibly we can do a swap or refund.

I can post out to those that want it. Let me know and I can arrange. You can easily buy postage online and send it to me; I need to give you weights and dimensions if you want to do this.

***Best Regards, Jon Strachan***  
[\*\(jas@tierney-strachan.co.uk\)\*](mailto:jas@tierney-strachan.co.uk)

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